

CLAIMS

1. An insole comprising:

a first elastomeric pad and a second elastomeric pad horizontally distinct from one another, each pad having a rebound rate; and
5 the rebound rate of the first pad differing from the rebound rate of the second pad.

2. The insole of claim 1 wherein the first pad elastomer has a rebound rate ranging from 5.0% to 90.0%.

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3. The insole of claim 2 wherein the second pad elastomer has a rebound rate ranging from 1.0% to 40.0%.

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4. The insole of claim 3 wherein the first pad elastomer has a density ranging from 0.8 to 2.2.

5. The insole of claim 4 wherein the second pad elastomer has a density ranging from 0.7 to 2.0.

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6. The insole of claim 5 wherein the first pad elastomer has a hardness with a durometer range of 30 to 70, Shore Hardness (00) scale.

7. The insole of claim 6 wherein the second pad elastomer has a hardness with a durometer range of 20 to 70, Shore Hardness (00) scale.
- 5 8. The insole of claim 5 wherein the first pad elastomer has a hardness with a durometer range of 35 to 70, Shore Hardness (00) scale.
9. The insole of claim 8 wherein the first pad elastomer has a hardness with a durometer range of 20 to 55, Shore Hardness (00) scale.
- 10 10. The insole of claim 1 wherein the insole has a forward and rearward orientation and the first pad is located forward of the second pad.
- 15 11. The insole of claim 10 wherein the first pad rebound rate is greater than the second pad rebound rate.
12. The insole of claim 11 wherein the insole has a forefoot section and a heel section and the first pad is located in the forefoot section and the second pad is located in the heel section.
- 20 13. The insole of claim 12 wherein the first pad has a density ranging from 0.8 to 2.2.

14. The insole of claim 13 wherein the second pad has a density ranging from 0.7 to 2.0.

5 15. The insole of claim 14 wherein first pad has a hardness with a durometer range of 30 to 70, Shore Hardness (00) scale.

16. The insole of claim 15 wherein the second pad has a hardness with a durometer range of 20 to 70, Shore Hardness (00) scale.

10 17. The insole of claim 14 wherein first pad has a hardness with a durometer range of 35 to 70, Shore Hardness (00) scale.

18. The insole of claim 17 wherein first pad has a hardness with a durometer range of 20 to 55, Shore Hardness (00) scale.

15 19. The insole of claim 1 wherein the insole has a lower surface and at least a portion of at least one of the pads forms part of the lower surface of the insole.

20 20. The insole of claim 1 wherein the insole has an upper surface and at least a portion of at least one of the pads forms part of the upper surface of the insole.

21. The insole of claim 1 wherein the insole has an upper surface and a lower surface and at least one of the pads extends from the upper surface of the insole to the lower surface of the insole.

5 22. The insole of claim 1 wherein the insole has an upper surface and a lower surface and at least one of the pads is disposed between the upper and lower surfaces of the insole.

10 23. The insole of claim 1 wherein the insole includes at least two layers and at least a portion of a pad is disposed between the upper and lower layers.

24. The insole of claim 1 wherein at least one of the first and second pads is a gel.

15 25. The insole of claim 1 wherein the first and second pads are carried by a carrier.

20 26. The insole of claim 25 wherein the carrier is at least partially formed of a material selected from a group consisting of a gel, a foam, an elastomer, leather and cloth.

27. A shoe sole comprising:

a first elastomeric pad and a second elastomeric pad horizontally distinct from one another, each pad having a rebound rate; and
the rebound rate of the first pad differing from the rebound rate of the
second pad.

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28. The sole of claim 27 wherein the first pad has a hardness with a durometer range of 30 to 70, Shore Hardness (00) scale.

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29. The sole of claim 28 wherein the second pad has a hardness with a durometer range of 20 to 70, Shore Hardness (00) scale.

30. The sole of claim 29 wherein the first pad has a density ranging from 0.8 to 2.2.

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31. The sole of claim 30 wherein the second pad has a density ranging from 0.7 to 2.0.

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32. The sole of claim 31 wherein the first pad has a rebound rate ranging from 5.0% to 90.0%.

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33. The sole of claim 32 wherein the second pad has a rebound rate ranging from 1.0% to 40.0%.

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